



## Heart Release Exercise

1. Sit comfortably and place one hand over your heart.
2. Close your eyes and take three slow breaths.
3. Visualize a soft green or golden light glowing in your chest.
4. With each exhale, imagine releasing one layer of heaviness.
5. Whisper silently:

*I release what no longer serves my heart*

Stay here for a few minutes.

When you're ready, open your eyes gently and carry that softness with you.



## Journal Prompt

What emotional weight am I still carrying that I am ready to gently release?

Follow-up prompts:

- Where do I feel this in my body?
- What would forgiveness look like for me?
- What does my heart need right now?